

Full Report (All Nutrients) 45104644, FRESH FOODS MARKET, CHICKEN & SAUSAGE GUMBO, UPC: 011110658500

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer The Kroger Co.

Nutrient	Unit	Data points	Std. Error	1 cup 245g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	149	61
Protein	g	--	--	8.01	3.27
Total lipid (fat)	g	--	--	6.00	2.45
Carbohydrate, by difference	g	--	--	17.00	6.94
Fiber, total dietary	g	--	--	1.0	0.4
Sugars, total	g	--	--	3.99	1.63
Minerals					
Calcium, Ca	mg	--	--	39	16
Iron, Fe	mg	--	--	0.71	0.29
Sodium, Na	mg	--	--	630	257
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.5	1.0
Vitamin A, IU	IU	--	--	500	204
Lipids					
Fatty acids, total saturated	g	--	--	2.009	0.820
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	20	8

Amino Acids

Other

Ingredients

CHICKEN STOCK, CHICKEN MEAT, TOMATO PUREE (WATER, TOMATO PASTE),OKRA, DICED TOMATOES IN TOMATO JUICE, RICE, ANDOUILLE SAUSAGE (PORK, WATER, SEASONING [SPICES, DEXTROSE, ONION POWDER, GARLIC POWDER], SALT, HICKORY CHAR OIL [PARTIALLY HYDROGENATED SOYBEAN OIL, NATURAL WOODSMOKE FLAVOR], SODIUM NITRATE), CARROTS, CONTAINS LESS THAN 2 OF: GREEN PEPPERS, RED PEPPERS, CELERY, MODIFIED CORNSTARCH, ONIONS, UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, FLAVORING, SLAT,HOT SAUCE (VINEGAR, RED PEPPER, SLAT), BACON (CURED WITH WATER, SALT,. SODIUM

PHOSPHATE, HONEY, SODIUM ERYTHORBATE, FLAVORING, SODIUM NITRATE), GARLIC, SUGAR, YEAST EXTRACT, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, MOLASSES WATER, SUGAR, ONIONS, ANCHOVIES, SLAT, GARLIC, CLOVES, TAMARIND EXTRACT, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), PARSLEY, HYDROGENATED COTTONSEED OIL, SPICES, MODIFIED RICE STARCH, SODIUM PHOSPHATE, DEHYDRATED GARLIC, SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, DEHYDRATED ONIONS, MUSTARD FLOUR, PAPRIKA, DEHYDRATED CHICKEN STOCK, DEHYDRATED CHICKEN, CHICKEN FAT, NISIN PREPARATION. *Date Last Updated by Company:* 05/11/2016